

In the claims

1-10. (cancelled)

11. (new) An exercise apparatus, comprising:

a frame configured to rest on a floor surface;

a seat mounted on a first portion of the frame;

an upper body support pivotally mounted on a discrete, second portion of the frame, wherein the upper body support and the frame cooperate to define a first pivot axis, and the upper body support is configured and arranged to extend generally vertically upward in front of the seat;

a lower body support pivotally mounted on a discrete, third portion of the frame, wherein the lower body support and the frame cooperate to define a discrete, second pivot axis, and the lower body support is configured and arranged to extend generally horizontally outward beneath the upper body support and forward of the seat; and

a constraining means, interconnected between the lower body support and the upper body support, for constraining the upper body support and the lower body support to pivot toward one another, and in respective, opposite directions relative to both the frame and the seat.

12. (new) The exercise apparatus of claim 11, wherein the lower body support includes a bar that extends forward of the seat, and left and right lower foot members configured to support a person's feet, and left and right upper foot members configured to overlie the person's feet when resting on the lower foot members.

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13. (new) The exercise apparatus of claim 11, wherein the upper body support includes a first bar that extends upward in front of the seat, a second bar having opposite, distal ends that define respective left and right hand grips, and a universal joint interconnected between the first bar and the second bar.

14. (new) The exercise apparatus of claim 11, wherein the seat is rigidly secured in place on the first portion of the frame.

15. (new) The exercise apparatus of claim 11, further comprising a resisting means, interconnected between the frame and the upper body support, for resisting downward movement of the upper body support relative to the frame.

16. (new) The exercise apparatus of claim 15, wherein the resisting means is interconnected between a portion of the upper body support that is disposed beneath a planform defined by the seat, and a portion of the frame that is disposed beneath the planform defined by the seat.

17. (new) The exercise apparatus of claim 11, wherein the second frame portion is disposed beneath a planform defined by the seat, and the third frame portion is disposed beneath the planform defined by the seat.

18. (new) The exercise apparatus of claim 11, wherein the upper body support is configured and arranged to be centered transversely relative to the seat, and to accommodate a person's legs on opposite sides thereof.

19. (new) The exercise apparatus of claim 11, wherein a lower distal end of the upper body support is configured and arranged to extend rearward of the first pivot axis and beneath a planform defined by the seat, and further comprising a resisting means, interconnected between the frame and the lower distal end, for resisting downward movement of the upper body support relative to the frame.

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